



Pantry Partner

C / O North Dakota Community Action Association

School is Back in Session: What's for Lunch?

As the weather turns crisp, many of us are reminiscent about our summer vacations, picnics and fun in the sun. Yet, not all families were able to enjoy summer to the fullest, in fact many were looking forward to their children returning to school. For many families, summer poses a nutritional threat to their children. These children are among the more than 15 million low-income children who received free or reduced price lunch through the USDA's National School Lunch Program.

Studies have shown that school lunches provided between one-third and one-half of the nutrients that



Free & Reduced School Lunch Programs provide between 1/3 and 1/2 of the nutrients that participating children consume.

participating children consume every weekday during the school year.

There is a program designed to fill the gap during the summer months, but it remains one of the best kept secrets. The *Summer Food Service Program* (SFSP) is a federal entitlement program, designed to provide

nutritious meals to children living in low-income areas when school is not in session. Many feeding sites combine summer meals with recreational and educational activities that enhance children's summer learning and provide them with a safe and supervised environment. Sponsors of the SFSP include public or private nonprofit school food authorities, units of local, municipal, county, tribal or state governments, residential camps, and private nonprofit organizations.

To find out if there is a SFSP in your area or how to initiate a new program contact: Maggie at ND Dept of Public Instruction / Child Nutrition Division at 1-888-338-3663.



Taking the Heat: Higher Utility Bills

During the fall and winter months, the number of individuals accessing emergency food resources tends to rise dramatically. One of the major causes for the increase is the rising cost of utility bills.

Many families are faced with the difficulty of paying increased utility costs while forgoing on food, medicines and other

household essentials.

There is a program that can help in emergency situations. *Energy Share* is an emergency grant program provided by Community Action Agencies. This program assists low-income households, when all other resources are exhausted, with their utility bills. Since it is a grant program, the assistance does not have

to be paid back, but clients may be required to provide a co-payment. The program may pay for: *service charges, reconnection fees, and security lights*. For more info about the Energy Share Program contact the Community Action Agency in your area or the ND Community Action Association at 1-800-223-0364.

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Grants, resources,
youth initiatives
and more!

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Bottineau Food Pantry

When a group of concerned citizens in the Bottineau area united to provide food donations to a neighboring town, they never imagined that their compassion would build the foundation for a community Food Pantry.

This initial food drive and distribution caught the attention of a Bottineau Ministerial group. The Ministerial group, consisting of area religious leaders from all denominations, was impressed with the community's ability to collaborate and meet the needs of the hungry. The Ministerial group also recognized that emergency food needs were an on-going epidemic and a long-term solution needed to be developed.

With the support of the various congregations and other local citizens, the Bottineau Food Pantry opened its doors. The Pantry was and remains to be managed by a dedicated volunteer, Alvin Dravland.

Dravland has been instrumental to the survival of the food pantry. His duties include everything from ordering food to fundraising. In addition to Dravland, a solid base of rotating volunteers from area churches and the community aid with keeping the doors open.

For more information about the Bottineau Food Pantry contact:

Alvin Dravland
at
701-228-2394



Jumpstart Your Board Meetings

Nonprofit board members spend an average of only 60 hours a year governing their organizations, according to a survey by the National Center for Non-profit Boards (NCNB). Thus, it is critical to put meeting time to good use. Conducting efficient board meetings is the objective of "The Board Meeting Rescue Kit," a hands-on tool created by NCNB. For more info contact :

NCNB
1-800-883-6262.



Keep an eye on your mailbox...

The ND Community Action Association is continuing its series of dialog workshops for emergency food providers. Info should be arriving soon!



*Change to program
becomes effective
January 1, 2002.*

Expect Changes to Medicaid

Effective January 1, 2002, the Medicaid Program in North Dakota will undergo a dramatic change. A law which evolved from ND House Bill 1441, eliminates the asset test for children and their caregivers and pregnant women who apply for Medicaid Health Coverage. This change simplifies the Medicaid application process by

reducing the information and documentation burden for families. The change is also expected to provide 709 previously uninsured children and adults with Medicaid coverage. It is also expected to shift about 960 children who were previously eligible for the Healthy Steps Children's Health Insurance Program. This will occur

because of the relatively narrow gap in the eligibility levels for these two health coverage programs. For more information about Medicaid or the Healthy Steps Children's Health Insurance Program contact:

ND Dept of Human
Services
1-800-755-2604

RESOURCES**Chase Brooks & Associates**

In an ongoing effort to insure and strengthen the financial future of nonprofit organizations, Chase Brooks & Associates (CBA) has instituted the *Professional Technical Assistance Program*. This program provides professional fundraising and development services to qualifying nonprofit organizations at little or no cost. The program will provide your organizations with:

- **Funding Searches**
- **Personalized data bases**
- **Draft proposals / Cover Letters**
- **Final proposals**
- **Follow-up efforts**

For more information and / or an application contact:

Chase Brooks & Associates
201 Terry Street Unit 2B
Longmont, Colorado 80501
Phone: 303-772-6874

Family to Family Network

Do you know a family that is struggling with the demands of a special needs child? *Family to Family* is a grassroots network, with national ties, that connects families to resources and other families and friends facing similar challenges. The program has several Regional Coordinators throughout the state that connect families together and serve as a clearinghouse for resources and information. *Family to Family* provides educational workshops, newsletters, and much more. For more information contact:

Dr. Peg Mohr
Family to Family Network
PO Box 9037
Grand Forks ND 58202-9037
1-888-434-7436
Email:
NDF2F@medicine.nodak.edu

**Hunger Partners Conference**

The Hunger Partners, a Minnesota-based coalition, is hosting its first annual *Hunger Partners Conference* October 2-3 in St. Cloud, Minnesota. Learn more about volunteer recruitment, listen to new developments and anti-hunger policies, share information with other providers and much more. Registration is \$75 per person. For a registration form or more information contact:

Hunger Solutions of Minnesota
3585 Lexington Avenue North Suite 159
Arden Hills, MN 55126

**New Resource: Welfare Reform & Food Assistance**

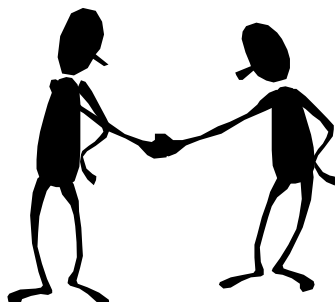
The USDA Economic Research Service recently released the 2001 edition of its *Food Review* magazine, titled "Welfare Reform & Food Assistance." This edition contains information regarding food assistance and food security trends in the wake of the 1996 Welfare Reform Act. The journal is available free for download off of the internet or can be ordered via mail for \$24 plus shipping and handling.

Check out: www.ers.usda.gov/publications/FoodReview/jan2001
Or call the USDA order desk @ 703-605-6220.

**2002 National Anti-Hunger Policy Conference**

Register now for the Anti-Hunger Conference, April 7-9 in Washington DC. Network with leaders working across the nation in food banks, food rescue, emergency food, child care, nutrition and other related fields. For more information contact: Food Research & Action Center at 202-986-2200.

- Palm, Inc., offers donations of Palm Products to nonprofit agencies. They offer donations of handheld computing devices which enable nonprofits to streamline work processes and improve information management. Applications are available from their website at: www.palm.com/about/corporate/donations.html
- The ND Head Start Collaboration Office has recently compiled and enhanced coordination and information for agency services to children and families statewide. Copies of the "Connection Resource Directory" are available from the Collaboration Office. Contact Linda Rorman at 1-800-245-3736 for a copy.
- Volunteers are valuable...a calculation of the hourly dollar value of volunteer time is estimated at \$14.30. That figure is calculated by taking the average hourly wage for nonagricultural workers and increasing it by 12% to estimate fringe benefits.
- Looking for affordable computer classes? Contact the Kathryn Center in Valley City at 1-800-532-8641 ext. 37119 for a class schedule.



Show your volunteers that you don't expect them to do something you wouldn't do...

Managing Volunteers While Gaining Respect:

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Managing a group of volunteers can be very rewarding. However, it can also be very stressful if your volunteers do not respect you or do not heed your authority.

Here are six tips for winning respect and loyalty from those who work for you—without instilling resentment.

- **Demonstrate the work ethic you expect of others:** You shouldn't ask people to do something that you wouldn't do your self. If you expect them to

work hard—you should do the same.

- **Be evenhanded:** Don't play favorites.
- **Set high ethical & moral standards:** Send a clear message to others about the level of performance you expect. For example: Don't talk disrespectful about clients or other volunteers.
- **Don't grandstand:** Refrain from lecturing or humiliating volunteers in

front of others.

- **Always keep your word:** It's wiser to underpromise and overdeliver than vice versa.
- **Share the spotlight:** Don't claim every bright idea that comes from your volunteers. Give credit where credit is due, and much of it will reflect back on you. Recognize successes as team efforts.



Information Request

For any additional information or to submit a news bit for the next newsletter, please complete this form and return it the address listed below.

Please send me additional information on:

- | | |
|--|--|
| <input type="checkbox"/> Community Action | <input type="checkbox"/> Food Gleaning |
| <input type="checkbox"/> Food Dialog Workshop | <input type="checkbox"/> Grant Opportunities |
| <input type="checkbox"/> Other: please specify | <input type="checkbox"/> Food Needs Assessment Study |

- ☐ I would like to contribute a story, or news bit for the next newsletter. Please contact me.

NAME

ADDRESS

PHONE

Comments:

C/O North Dakota Community
Action Association
2105 Lee Avenue
Bismarck ND 58504

Nutrition for Tots

The Food Research / Action Center and Zero to Three: National Center for Infants, Toddlers, and Families have developed a special journal on the nutrition of very young children and its

links to development and health. Articles focus on the impact of poverty on the nutrition, food security, health and development of infants and toddlers. The journal also highlights model programs that deal not only with ensuring that young children get enough food, but also the importance of the emotional environment in which children are fed and how to achieve optimum feeding situations at home and in child care. To obtain a copy of the journal contact:



Shoni Carver @ Zero to Three Customer Service

1-800-899-4301

Ask for "The Nutrition of Very Young Children" issue


NDCAA



Challenge: Make A Difference Day

Make A Difference Day, October 27th, is an annual event to help inspire and reward volunteers in communities across the United States. All participants who complete volunteer projects on this day and send in an entry form become eligible for cash awards and for recognition in USA Weekend Magazine. You can register your Volunteer project or find project ideas on the official website:

www.makeadifferenceday.com

Ten projects will be selected for the national *Make A Difference Day* Awards, which include \$10,000 donations from various sources.

Some project ideas include:

- *Hosting a food, clothing, toy or sports equipment drive for families or children in need in your area.*
- *Cleaning / sprucing up food pantries, parks, playgrounds, etc.*

Why Reinvent The Wheel?



Have you thought or heard of a food related program that you would like to get started in or around your community? The World Hunger Year Organization can connect your group with others who are working in the same field and may have developed similar ideas, models or pieces of a program. Making one simple phone call could save you tons of research, energy, and time and connect you with new resources. Contact World Hunger Year at 212-629-8850.

BRIDGES

Building Responsible International Dialogue Through Grassroots Exchange (BRIDGES) is a fellowship program that aids low-income people participate in volunteer programs abroad. Contact: 333 Valencia Street, Suite 101, San Francisco, CA 94103 or 410-763-9206 for more information.



Foundation Spotlight: Feinstein

For the fifth straight year, the Alan Shawn Feinstein Foundation in Rhode Island is dividing \$1 million among nonprofit agencies throughout the

Volunteering

A new resource provides info on conducting surveys to assess regional and local volunteer levels. *Measuring Volunteering* is available free on-line at: www.IndependentSector.org

Youth Garden Grants: *Diggin' In the Dirt*




Grant application deadline is November 1.

Looking for a way to get youth involved and educated on the hunger needs of your community? The National Gardening Association will award Youth Garden Grants to 400 garden programs in January 2002. Grant applicants should demonstrate a youth-centered plan that emphasizes children / youth learning and working in an outdoor garden.

Areas considered include: *educational, environmental, or social programming, leadership, community support, sustainability, innovation and need.* Applicants must plan to garden with at least 15 children between the ages of 3 to 18 years of age. Grant award winners will receive an array of quality tools, seeds, plant materials, products and educational resources.

For additional information and a copy of the grant application check out:
www.kidsgardening.com/grants.asp



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C/O North Dakota Community Action Association
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WE'RE ON THE WEB!
WWW.NDCAA.ORG

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